



Shakshuka or Eggs & Tomatoes

Experience a burst of Mediterranean flavors with this vibrant Shakshuka dish. This one-pan meal is perfect as a savory breakfast or a cozy dinner. Ripe tomatoes and sweet red peppers simmer with aromatic spices, creating a splendid sauce. Topped with fresh herbs and feta cheese and served with warm pita bread, every bite feels comforting, colorful, and delicious.

Yield: 6 servings

Ingredients:

- 2 Tbsp olive oil
- 1 small white onion, diced
- 1 red bell pepper, diced
- 3 garlic cloves, minced
- 1 tsp ground cumin
- ½ tsp paprika
- 1 - 28 oz can fire-roasted crushed tomatoes
- ½ tsp salt
- Freshly ground black pepper
- 6 large eggs
- ¼ cup fresh parsley, optional
- ¼ cup crumbled feta cheese
- Pita bread for serving

Directions:

1. Heat the olive oil in a large lidded skillet over medium heat. Add the onion and red peppers and cook for 5-8 minutes or until soft. Add the garlic, cumin, and paprika, and cook for 30 seconds (until fragrant).
2. Add the tomatoes, salt, and plenty of black pepper. Simmer over low heat, stirring often for 15 minutes until the sauce has thickened.
3. Make 6 wells in the sauce and crack one egg into each well. Cover and cook until the eggs are set, 4-8 minutes. Season to taste with salt and pepper and top with parsley and feta. Serve with pita bread.

Recipe notes:

- You can personalize this recipe with your favorite vegetables, like green bell peppers or spinach leaves.
- Substitute toppings with basil leaves or mozzarella cheese.

Nutrition info per serving:

Calories: 207, Saturated Fat: 4g, Sodium: 498mg, Added sugars: 3g, Fiber: 1g, Protein: 11g

Source: <https://www.loveandlemons.com/shakshuka-recipe/>